



New FOOD Package!

City of Long Beach
Department of Health and Human Services

Are you pregnant?
Just had a baby?
Have children under age 5?
Are you a Foster Parent?
AND Have a limited income?*

Then....You and Your Working Family May Qualify for WIC

*WIC Income Guideline Table
Effective April 1, 2009 to June 30, 2010

Number of Persons in Family Unit	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly	Hourly
1	\$20,036	\$1,670	\$835	\$771	\$386	\$9.64
2	\$26,955	\$2,247	\$1,124	\$1,037	\$519	\$12.98
3	\$33,874	\$2,823	\$1,412	\$1,303	\$652	\$16.29
4	\$40,793	\$3,400	\$1,700	\$1,569	\$785	\$19.62
More than 4	\$6,919 per added family member	\$577 per added family member	\$289 per added family member	\$267 per added family member	\$134 per added family member	\$3.33 per added family member

WIC Services Include:

Special checks to buy healthy foods such as **milk, soy milk, juice, bread, baby food, cereal, tofu, fruits and vegetables and more;**

Nutrition and Breastfeeding education and referrals to health care providers and community services

No Appointment Necessary

We Welcome **ALL** Walk-In's

FOR HOURS AND LOCATIONS SEE REVERSE OF FLYER

To assist you better with enrollment, please bring the following documents:

- * Identification**
- * Birth Certificate or other type of identification
- * Medi-Cal Card (if available) or Social Security Card
- * Pay Check Stub or other Proof of Income
- * Piece of mail with your current address on it
- * Immunization Record
- * Please bring children to first appointment**

**MUST bring these items



LET US ASSIST YOUR FAMILY!